

July 2021

Workshops & Events

(*Register on-line for all events.
Go to Workshops & Special Events)

Crystal Bowl Sound Bath

With ValiAnna

Tuesday, July 13th 7:30-8:30pm

Carmel Studio

Yoga Teacher Training Info Session

With Laura & Briksha

Saturday, Aug 21 1:00-2:30pm

Carmel Studio

Yoga for Scoliosis & Pranayama/Restorative Workshop

With Elise Miller

Sunday, August 22nd 2-4pm

Studio & Online

200Hr Integral Awakening

Yoga Teacher Training & Advanced Studies

Begins Saturday, Sept 25 – April 3, 2022

Class Schedule

	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
Monday			
9:30-10:45am	Vinyasa Flow	Studio & Live Stream	Rebekah
5:30-6:45pm	Hatha Yoga	Studio	Laura
Tuesday			
7:30-8:30am	Vinyasa Flow	Studio	Steph
9:30-10:30am	Slow Vinyasa	Studio & Live Stream	Marcia
3:30-4:30pm	Chair Yoga	Live Stream	Jeannie
6:00-7:00pm	Hatha Flow	Studio	Destiny
Wednesday			
9:30-10:45am	Yoga Flow	Studio & Live Stream	Diane
5:30-6:45pm	Prenatal Yoga	Studio	Destiny
7:15-8:30pm	Restorative Yoga	Studio & Live Stream	Ashley
Thursday			
9:30-10:45am	Hatha Yoga	Studio & Live Stream	Laura
4:00-5:00pm	Gentle Yoga	Studio	Leslie
7:00-8:00pm	Therapeutic Hatha	Studio & Live Stream	Ashley
Friday			
10:00-11:00am	Therapeutic Hatha	Studio & Live Stream	Ashley
Saturday			
8:00-9:00am	Power Yoga	Live Stream	Diane
10:00-11:15am	Hatha Yoga	Studio	David
Sunday			
10:00-11:15am	Therapeutic Hatha	Folktale Winery & Live Stream	Ashley
4:30-6:00pm	Gently Restore	Live Stream	Jeannie

****Tuesday Prenatal Yoga and Friday Postnatal Yoga @ 11:30am in August!****

Due to Health & Safety Concerns, students are required to bring their own mat & blankets. (Mats & props available for sale at the studio).

We recommend booking classes online due to limited capacity in the studio.

"Life is now. There was never a time when your life was not now, nor will there ever be".

~ Eckhart Tolle